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1 A shoe outsole, comprising:
2 an outer member including an inner heel region; and
3 an inner member located in the inner heel region and including a ground contacting
4 surface, the inner member having a softer durometer than the outer member.

1 2. The shoe outsole of claim 1 wherein the inner member contains a liquid.

1 3. The shoe outsole of claim 1 wherein the inner member contains a gas.

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1 4. The shoe outsole of claim 1 wherein the inner member extends to within about
2 2 mm of a back edge of the shoe outsole.

5. The shoe outsole of claim 1 wherein the outer member includes an intermediate region, an intermediate member being located in the intermediate region and having a softer durometer than the outer member.

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2 6. The shoe outsole of claim 5 wherein the intermediate member extends to within about 1.5 mm of a front edge of the shoe outsole.

7. The shoe outsole of claim 5 wherein the intermediate member extends to within about 2 mm of a back edge of the shoe outsole.

8. The shoe outsole of claim 1 wherein the outer member includes a back wall having a rounded contour extending smoothly between a horizontal plane and a vertical plane.

9. A shoe outsole, comprising:
a member including a lower forefoot region, and an upper surface including an opposite, upper forefoot region;
a plurality of grooves defined in the lower forefoot region; and
a plurality of grooves defined in the upper forefoot region.

10. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region are substantially parallel.

1 11. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region
2 are substantially parallel.

1 12. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region
2 have a depth of about 2 mm.

1 13. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region
2 have a depth of about 1 mm.

1 14. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region
2 have a width of about 2.5 mm.

1 15. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region
2 are generally transverse to a longitudinal axis of the shoe outsole.

1 16. The shoe outsole of claim 15 wherein the grooves in the lower forefoot region
2 are substantially perpendicular to the longitudinal axis of the shoe outsole.

1 17. The shoe outsole of claim 9 wherein the grooves in the upper forefoot region
2 are generally transverse to a longitudinal axis of the shoe outsole.

1 18. The shoe outsole of claim 17 wherein the grooves in the upper forefoot region
2 are substantially perpendicular to the longitudinal axis of the shoe outsole.

1 19. The shoe outsole of claim 9 wherein at least some of the grooves in the lower
2 forefoot region extend to both side edges of the shoe outsole.

1 20. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region
2 extend toward a front edge of the shoe outsole beyond a ground engaging portion of the
3 lower forefoot region when flat footed.

1 21. The shoe outsole of claim 9 wherein the grooves in the lower forefoot region
2 extend to within about 1.5 mm of a front edge of the shoe outsole.

1 22. The shoe outsole of claim 9 wherein the lower forefoot region includes a
2 plurality of ridges.

1 23. The shoe outsole of claim 22 wherein at least some of the ridges are
2 interdigitated with the grooves in the lower forefoot region.

1 24. The shoe outsole of claim 9 wherein the member includes a back wall having
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1 25. The shoe outsole of claim 9 wherein the member includes an inner heel
2 region, the shoe outsole further including an inner member located in the inner heel region
3 having a softer durometer than the member.

1 26. A shoe outsole, comprising:
2 a member having a ground contacting surface including a toe region; and
3 a plurality of grooves defined in the toe region, at least one of the grooves extending
4 toward a front edge of the shoe outsole beyond a ground engaging portion of the toe region
5 when flat footed. \curvearrowright

1 27. The shoe outsole of claim 26 wherein the grooves have a depth of about 2
2 mm.

1 28. The shoe outsole of claim 26 wherein the grooves extend to within about 3
2 mm of the front edge of the shoe outsole.

1 29. The shoe outsole of claim 26 wherein the grooves are substantially parallel.

1 30. The shoe outsole of claim 26 wherein the grooves extend toward side edges of
2 the shoe outsole.

1 31. The shoe outsole of claim 26 wherein the grooves are generally transverse to a
2 longitudinal axis of the shoe outsole.

1 32. The shoe outsole of claim 31 wherein the grooves are substantially
2 perpendicular to the longitudinal axis of the shoe outsole.

1 33. The shoe outsole of claim 26 wherein the member includes a back wall having
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1 34. The shoe outsole of claim 26 wherein the member includes an inner heel
2 region, the shoe outsole further including an inner member located in the inner heel region
3 having a softer durometer than the member.

1 35. A shoe outsole, comprising:
2 a member including a forefoot region;
3 a plurality of substantially parallel grooves located in the forefoot region; and
4 a plurality of substantially parallel ridges, at least some of the ridges being
5 interdigitated with the grooves.

1 36. The shoe outsole of claim 35 wherein the ridges are located at ground
2 contacting regions of the forefoot region.

1 37. The shoe outsole of claim 35 wherein the grooves and the ridges are
2 substantially parallel to each other.

1 38. The shoe outsole of claim 35 wherein the grooves have a depth of about 2
2 mm.

1 39. The shoe outsole of claim 35 wherein the ridges have a depth of about 1 mm.

1 40. The shoe outsole of claim 35 wherein the grooves are generally transverse to a
2 longitudinal axis of the shoe outsole.

1 41. The shoe outsole of claim 40 wherein the grooves are substantially
2 perpendicular to the longitudinal axis of the shoe outsole.

1 42. The shoe outsole of claim 35 wherein the ridges are generally transverse to a
2 longitudinal axis of the shoe outsole.

1 43. The shoe outsole of claim 42 wherein the ridges are substantially
2 perpendicular to the longitudinal axis of the shoe outsole.

1 44. The shoe outsole of claim 35 wherein the member includes an inner heel
2 region, the shoe outsole further including an inner member located in the inner heel region
3 having a softer durometer than the member.

1 45. The shoe outsole of claim 35 wherein the member includes a back wall having
2 a rounded contour extending smoothly between a horizontal plane and a vertical plane.

1 46. A shoe outsole, comprising:
2 a member having a ground contacting surface, an upper surface, and a side wall
3 joining the ground contacting surface and the upper surface;
4 the side wall including a back wall having a rounded contour extending smoothly
5 between a horizontal plane and a vertical plane.

1 47. A shoe outsole, comprising:
2 an outer member including an intermediate region and an inner heel region;
3 an intermediate member located in the intermediate region and having a softer
4 durometer than the outer member, the intermediate member including a plurality of ridges,
5 and
6 an inner member located in the inner heel region and including a ground contacting
7 surface, the inner member having a softer durometer than the outer member.

1 48. A shoe outsole, comprising:
2 an outer member including an inner heel region, a lower forefoot region, an opposite
3 upper forefoot region, and a back wall, the back wall having a rounded contour extending
4 smoothly between a horizontal plane and a vertical plane;
5 an inner member located in the inner heel region and including a ground contacting
6 surface, the inner member having a softer durometer than the outer member;
7 a plurality of substantially parallel grooves defined in the lower forefoot region and at
8 least one of the plurality of grooves extending toward a front edge of the shoe outsole beyond
9 a ground engaging portion of the lower forefoot region when flat footed;
10 a plurality of substantially parallel grooves defined in the lower forefoot region;
11 a plurality of substantially parallel ridges included in the lower forefoot region, at
12 least some of the ridges being interdigitated with the grooves in the lower forefoot region;
13 and
14 a plurality of substantially parallel grooves defined in the upper forefoot region.